

Physical Education Philosophy:

My philosophy of physical education involves the teaching of cooperation, teamwork, and positive interaction through joy in movement. A well structured and organized environment is paramount to the success of any physical education program and its curriculum. Children feel more secure and safe in this type of environment. Rules, guidelines, and expectations are understood by everyone in order for your child's physical education experience to be a safe, successful, and rewarding one. Activities are introduced and provided in a non-threatening and positive manner. Students are never instilled with the that winning is the most important outcome for their efforts, but rather are motivated in demonstrating their best efforts through one-on-one instruction, continuous encouragement, positive reinforcement, and team building concepts. These same cooperative activities and expectations leads to the enhancement of their academic endeavors by providing cognitive as well as physical challenges to their life. Positive physical, emotional, social, and academic skills are amplified in this type of learning environment. Stressing safety provides students with the opportunity to perform without fear or ridicule. This enables students to excited and motivated about physical education. With this type of program, eagerness, enthusiasm, and release of stress is transcended back into the classroom and home as well. Physical education should be a fun, rewarding, and exciting experience for everyone involved. By offering a quality physical education program, students are given the prerequisite in practicing a healthy and positive lifestyle long after leaving my program.